

ORAL HEALTH FOR INFANTS AND CHILDREN

Good nutrition is a key factor for good oral health.

- ◆ A baby may drool and have sore gums before the first tooth is seen.
- ◆ A baby's first tooth can appear at 6 months. All 20 "baby teeth" should be visible by 2 1/2 years of age.
- ◆ Visit a dentist as soon as all 20 teeth can be seen.
- ◆ Wean your baby from the bottle before 12 months of age.
- ◆ Keep baby healthy! Baby teeth are important because they hold a place for adult teeth, help shape the face and jaw, keep adult teeth straighter, and keep the bite in correct position.

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PREVENT EARLY CHILDHOOD CARIES ("CAVITIES")

Early childhood caries (cavities) is seen in infants, toddlers, or children. It occurs when an infant or child sleeps with a bottle filled with formula, milk, juices, soda, etc.

- ◆ Clean baby's gums with gauze or a clean wash cloth after each feeding.
- ◆ When the first tooth appears, begin brushing your baby's teeth with a plain wet soft toothbrush.
- ◆ Singing, reading, or rocking your baby may help at bedtime. Do not put your baby to bed with a bottle or sippy cup at bedtime or naptime.
- ◆ You can begin offering liquids from a cup by 4 to 6 months.
- ◆ Juices should be offered only from a cup.

Talk to your nutritionist
about using a sippy cup.

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